



RESOURCES FOR QUITTING SMOKING AND TOBACCO

PHONE AND WEB-BASED RESOURCES

Washington State Tobacco Quitline. Offers telephone-based counseling, print materials and nicotine replacement therapy for eligible callers. Call for information about eligibility. Translation services available. Call 1-800-QUIT NOW or 1-800-784-8669.

Asian-Language Quitline. Telephone counseling services available in the following languages:

Chinese (Cantonese/Mandarin): 1-800-838-8917

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

National Cancer Institute Nationwide Quitline. Smokefree.gov provides FREE information on quitting, along with free support via chat room or phone! Features an interactive web site, text program, smartphone apps, phone-based counseling, print materials and programs specially designed for women and teens. Call 1-877-44U-QUIT (1-877-448-7848) or visit www.smokefree.gov.

Washington Recovery Help Line. An anonymous and confidential help line that provides crisis intervention and referral services for Washington State residents. Professionally trained volunteers and staff are available to provide emotional support 24-hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health, as well as to other community services. The Recovery Help Line is authorized and funded by [The Washington State Department of Social and Health Services' Division of Behavioral Health and Recovery](http://www.wa.gov) and is a service of [Crisis Clinic](http://www.wa.gov) and serves residents in Washington State. Call 866.789.1511 or visit www.warecoveryhelpline.org.

Become an EX. Free online quit smoking program that helps you re-learn your life without cigarettes. Before you actually stop smoking, you will learn how to deal with things that trip you up. The EX plan prepares you to quit and stay quit. Visit www.becomeanex.org.

MyLastDip. Offers unique research-tested, self-help programs designed specifically to help chewing and smokeless tobacco users quit for good. Developed by researchers with over 40 years' experience in helping chewers quit tobacco, these programs have been funded by research grants from the National Cancer Institute. Visit www.mylastdip.com.

Pfizer Helpful Answers. Medication assistance programs for people who have no insurance, or who do not have enough insurance and need help getting their Pfizer medicines. Call 1-866-706-2400 or visit <http://www.pfizerhelpfulanswers.com>.

Partnership for Prescription Assistance. Helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free. Visit <http://www.pparx.org/>.

Quit Tobacco – Make Everyone Proud. An educational campaign for the U.S. Military, sponsored by the U.S. Department of Defense. The mission is to help U.S. service members and Veterans enrolled for care in the VA health care system quit tobacco – for themselves and for the people they love. Online support is available at: <http://www.ucanquit2.org/>

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LOCAL RESOURCES

MultiCare Auburn Medical Center, FREE Living Tobacco-Free Weekly Support Group. Provides support for people interested in trying to quit tobacco, struggling with relapse, or helping a friend to quit. Year-round, Wednesdays, 6 - 7pm. 2nd floor, Heart Care Center Classroom, 202 N. Division St, Auburn, WA 98001. Drop-ins welcome! For more information, please call Heidi at 253-223-7538 or e-mail her at hhenson@seattleyymca.org.

Auburn Valley YMCA, Accelerate Your Quit Workshops. A free, three-hour workshop that provides techniques, support, and practical steps for quitting tobacco permanently. Participants will leave with a personalized Quit Plan ready to put into action. Upcoming dates: 3/23/13, 5/11/13, 7/20/13, 9/21/13, 11/16/13; 12:30 – 3:30pm. 1620 Perimeter Rd, Auburn WA 98001. Registration required, please call Heidi at 253-223-7538 or e-mail her at hhenson@seattleyymca.org.

Federal Way St. Francis Hospital, FREE Freedom From Tobacco Weekly Support Group. Provides support for people interested in trying to quit tobacco, struggling with relapse, or helping a friend to quit tobacco. Year-round, Thursdays, 6:30 - 7:30pm. Executive Dining Room, 34515 9th Ave S. Federal Way, WA 98003. Drop-ins welcome! For more information, please call Heidi at 253-223-7538 or e-mail her at heidihenson@fhshealth.org.

Gay City Health Project Out-to-Quit. A FREE six-week smoking cessation workshop series for LGBT folks who want to make a plan and stick to it, learn skills to handle stress, and get support in a queer environment! New groups are always starting! For more information or to register for Out-To-Quit, contact Lark Ballinger: 206-388-1710 or lark@gaycity.org.

Nicotine Anonymous Support Group. Nicotine Anonymous is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the 12-Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. <https://www.nicotine-anonymous.org>.

Sea Mar. Tobacco cessation counseling and follow up. Need not be a patient to participate. Services are free and available in Spanish. Offices are located in South Park & Burien. To participate, call 206-762-3730.

TOBACCO INFORMATION FOR CLINICIAN

Tobacco Prevention Program, Public Health Seattle & King County. For information on Smoking in Public Places and Places of Employment law in King County, Smoke-free housing, program newsletters, fact sheets, and quit tips. www.tobaccoprevention.org.

Washington Healthy Communities Program. Training and technical assistance for chronic disease prevention programs. Includes information on tobacco, environmental toxins, physical activity and nutrition, Visit <http://here.doh.wa.gov/healthycommunities>.

Smoking Cessation Leadership Center (SCLC). A national program office of the Robert Wood Johnson Foundation. Significant support is also provided by the American Legacy Foundation. SCLC aims to increase smoking cessation rates and increase the number of health professionals who help smokers quit. For general inquiries, contact (415) 476-0216 or ccheng@medicine.ucsf.edu. For toll-free technical assistance call 877-509-3786 or visit <http://smokingcessationleadership.ucsf.edu/>.

Rx for Change. Clinician-Assisted Tobacco Cessation, designed to address an identified need to enhance the tobacco cessation education of health professionals. Visit <http://rxforchange.ucsf.edu>.

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